

## Monday

- 5.45am **Outdoor Fitness Circuit** with Scott Peirce in Mudjimba
- 5.45am **Sunrise Fitness** with Katharina Hillen – **NEW CLASS**
- 8.00am **Weights and Core** with All in One Fitness in Maroochydore
- 9.00am **Circuit** with Worx Health and Fitness in Maroochydore
- 9.00am **Aqua Aerobics** with Swim Fit Sunshine Coast in Eumundi
- 9.15am **Jazzercise** with Leanne Paix in Nambour
- 10.00am **Strength and Stability for Older People** with Range Community Gym and Fitness in Mapleton
- 3.45pm **Kid's Yoga** with Zenko Yoga in Maroochydore
- 4.00pm **Gentle Yoga** with Fleur Michaels in Kawana – **NEW CLASS**
- 5.30pm (except the first Monday of the month) **The Practice of Mindfulness for Stress Reduction** with Sue Moore in Caloundra

## Tuesday

- 5.45am **Outdoor Fitness Circuit** with Scott Peirce in Mudjimba
- 6.00am **Vinyasa Flow Yoga with Village Coolum** in Coolum – **NEW CLASS**
- 8.30am (first and third Sunday of the month) **Laughter Yoga** with Po Mei Kwong in Caloundra – **NEW TIME**
- 10.00am **MIND FIT** with Theresa Walker-Langley in Maleny
- 10.00am **Fun, Fitness and Strength** with FITCare Support Services in Maroochydore (Buderim)
- 10.30am **Zumba with Tianna** in Buderim
- 11.15pm **PrYme Lite** at YMCA Caloundra in Caloundra
- 2.45pm **Strength and Stability for Older People** with Range Community Gym and Fitness in Mapleton
- 5.30pm **Aqua Aerobics** with Belgravia Leisure in Nambour

## Wednesday

- 5.45am **Outdoor Fitness Circuit** with Scott Peirce in Mudjimba
- 6.00am **Morning Rise Yoga** with Masha Lim-Nadiraschwili in Bokarina
- 8.15am **Gentle Flow Yoga** with Alasdair Percy in Peregian Springs
- 9.30am **Resolve Seniors Fitness** with Resolve Fitness in Caloundra
- 10.00am **Chair Yoga for All Abilities** with Sarah Chancellor in Maroochydore from Breathe Yoga Space in Maroochydore
- 11.15am **Circuit** with Worx Health and Fitness in Buderim

## Thursday

- 5.45am **Outdoor Fitness Circuit** with Scott Peirce in Mudjimba
- 7.30am **Yoga for Everyone** with Zenko Yoga in Maroochydore
- 7.45am **Yoga@Bankfoot** with Theresa Walker-Langley at Bankfoot House, Glass House Mountains – **NEW DAY**
- 8.00am **Aqua Aerobics** with Belgravia Leisure in Nambour
- 9.30am **Yoga in the Park** with Selina Stewart in Mooloolah
- 11.00am **Ageless Grace Brain Health Movement with Music** with Vicki Doolan in Caloundra
- 11.15am **PrYme Lite** at the YMCA Caloundra in Caloundra
- 11.15am **Circuit** with Worx Health and Fitness in Maroochydore
- 2.45pm **Strength and Stability for Older People** with Range Community Gym and Fitness in Mapleton

**NO CLASSES ANZAC DAY 25 APRIL - EXCEPT FOR YOGA IN THE PARK AND AGELESS GRACE BRAIN HEALTH MOVEMENT WITH MUSIC**

## Friday

- 5.45am **Outdoor Fitness Circuit** with Scott Peirce in Mudjimba
- 8.00am **Movement and Stability with Weights** with All in One Fitness in Beerwah
- 9.30am **Tai Chi** with Zhongmin (Shin Ru) Neilson in Maroochydore

- 9.30am** (MONTHLY - first Friday of the month) - **Feel Good Friday - Gentle Yoga Asana and Meditation** with Sunshine Coast Meditation and Yoga at the Maroochy Regional Bushland Botanic Gardens – **NEW CLASS**
- 9.30am** **Zumba with Tianna** with Tianna Balmer in Bli Bli
- 10.00am** **Strength and Stability for Older People** with Range Community Gym and Fitness in Mapleton
- 5.00pm** **Jazzercise** with Leanne Paix in Nambour

## Saturday

- 7.00am** **Mat Pilates on the Green** with Simone Reesby in Palmwoods
- 8.00am** **Mat Pilates in the Gardens** with Nichola Stevenson at Maroochy Regional Botanic Gardens – **NEW CLASS**

## Sunday

- 7.00am** **Blended Yoga** with Yoga NRG in Coolum
- 8.30am** (first and third Sunday of the month) **Reconnecting with Nature** with Jay Ridgewell at Maroochy Regional Botanic Gardens
- 9.00am** **Laughter Yoga** with Po Mei Kwong in Maleny
- 11.00am** (MONTHLY - third Sunday of the month) **Family KidzArT & Relax** with Anna Kilpatrick at the Kawana Island Meeting Place – **NEXT CLASS 26 MAY (NOT 19 MAY) AND NEW TIME OF 10.00AM FOR MAY ONLY**

---

**CHECK WEBSITE ON HOW TO REGISTER FOR THE PROGRAM, AND UP-TO-DATE FURTHER DETAILS AND BOOKING ARRANGEMENTS FOR CLASSES VIA THE ACTIVITIES PORTAL LINK**

<https://www.sunshinecoast.qld.gov.au/living-and-community/community-support/healthy-and-active/healthy-sunshine-coast>